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Understanding Issues Related to Today's College Students: Dealing with Burnout [brochure and video]

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Understanding Issues Related to Today's College Student Dealing with Burnout

Kendrick Bryan and Huishan Li

Academic burnout reaches thousands of students each year. Nick Repak of GradResources.org (2010) writes, "Excessive workload, lack of balance, and little opportunity to influence the environment make up only part of the fatigue syndrome." Student affairs professionals and others commonly list assignment overload, outside influences, lack of personal motivation, mental and physical health, and instructor attitude and behavior as precursors to student burnout. Weidong Wu (2010) writes burnout can be attributed to the influence of bad social style and culture, unprecedented employment pressure, and deficiencies in college education. Attending college is stressful for many, but gaining awareness about burnout can help current and future students deal with the issue.

Symptoms of Burnout:

1. Low achievability
2. Exhausted emotion
3. Lacking in humanization

Five Precursors:

1. Assignment overload
2. Outside influences
3. Lack of personal motivation
4. Mental and physical health
5. Instructor attitude and behavior

Resources:

1. Family
2. Friends
3. Counseling & Testing Center
4. Hall Staff
5. Professors, Advisors, and Tutors